

Safe Eating Guidelines

Freshwater Fish

► Pregnant and nursing women, women who may get pregnant, and children under age 8 **SHOULD NOT EAT** any freshwater fish from Maine's inland waters. Except, for brook trout and landlocked salmon, 1 meal per month is safe.

► All other adults and children older than age 8 **CAN EAT** 2 fish meals per month. For brook trout and landlocked salmon, the limit is 1 meal per week.

Saltwater Fish and Lobster

► Striped Bass and Bluefish: Eat no more than 2 meals per month.

► Shark, Swordfish, Mackerel, and Tilefish: Pregnant and nursing women, women who may get pregnant and children under age 8 are advised to **NOT EAT** any of these fish. All other individuals should eat no more than 2 meals per month.

► Canned Tuna: Pregnant and nursing women, women who may get pregnant and children under age 8 should eat no more than 1 can of 'white' tuna or 2 cans of 'light' tuna per week.

► All other ocean fish and shell fish, including lobster, eat no more than 2 meals per week.

► Lobster Tomalley: **NO CONSUMPTION.**

State and Local Contacts

For more information or current health advisories, contact the following;

-Micmac Environmental Health Dept.

8 Northern Road
Presque Isle, Maine 04769

764-7219 ext.118 or out of area
1-800-750-1972

-Maine Bureau of Health, Environmental Toxicology Program

1-866-292-3474 or

janus.state.me.us/dhs/botep/index.html

-U.S. Environmental Protection Agency, Offices of Water

Fish Contamination Program (4305)
401 M Street, SW
Washington, DC 20460 or

www.epa.gov/ost/fishadvice



Keeping Our Traditions and Our Families Alive



For many years our people have fished the waters of Maine. Unfortunately, these waters are being poisoned and precautions should be taken when eating the fish you catch.

Is The Fish I'm Feeding My Family Safe?

Fishing is a tradition many Native Americans still preserve and practice. Fish are an important part of a healthy diet. They are a lean, low-calorie source of protein. To our ancestors, fishing was necessary to feed their families. However, today's lakes, rivers, and oceans contain chemicals that could pose health risks if these fish are eaten in large amounts. It's hard to believe fish that looks, smells, and tastes fine may not be safe to eat. Keep your family and traditions alive by following the [Safe Eating Guidelines](#) and these three easy steps.



Step #1

Call Your Local or State Environmental Health Departments.

Your favorite fishing hole may have high levels of chemical pollutants. Contact your local or state environmental health departments to see if any health advisories are posted in areas you fish. (see back panel for contact information)

Step #2

Select Certain Kinds and Sizes of Fish for Eating.

If you eat game fish, such as lake trout, salmon, and bass, eat smaller, younger fish. They are less likely to contain harmful levels of pollutants than larger, older fish. Eat top feeders, such as perch, brook trout and smelt, instead of bottom feeders like catfish and carp. They feed on insects and are less likely to contain high levels of harmful chemicals.

Step #3.

Clean and Cook your Fish Properly.

It is a good idea to remove the skin, fat, and internal organs as soon as possible. Follow proper food handling and storage techniques to prevent the growth of bacteria and viruses. The way you cook fish can make a difference in the kinds and amounts of chemical pollutants remaining in the fish. Grill, bake, or broil your fish so fat possibly containing pollutants can drain away. Eat less deep-fried fish because frying seals in any chemicals that may be present in that fish. Lastly, if you like smoked fish, remember to fillet the fish and remove the skin before smoking.

